



News



CLASSIC FAIR TRADE LIQUID AND BAR SOAPS

Our Liquid Soaps are completely biodegradable & vegetable-based. They are made with Certified Fair Trade and Organic Oils! Simple, Ecological Formulations Based on Old-World Quality and Expertise.



Dr. Bronner's Soaps are the Right Choice for Many Reasons

We are proud to be able to provide you with Dr. Bronner quality soap. A lot of people don't understand that there is natural soap that is good for you, your body and the planet and then there are the synthetic chemical compounds that they call soap that aren't good for you, your body or the planet. Your decision to buy Dr. Bronner's soap goes a long way to supporting a quality company and that uses and supports organics and fair trade. Soaps have been made for millennia. Aside from making fire and cooking food, "saponifying" oil and fat into soap is one of the oldest and simplest chemical reactions known to humankind. In fact, the first soaps were accidentally made by fat dripping into the ashes of cooking fires. Soap is made by saponifying a fat or oil with an alkali. A fat or oil is a "triglyceride," which means that three fatty acids of various carbon lengths are attached to a glycerine backbone. The alkali is either sodium (for bars) or potassium (for liquids) hydroxide, made by running electricity through salt water. The saponification process is a simple one-step reaction with no waste generated: the glycerine is split off from the fatty acids, and the fatty acids combine with the sodium or potassium to form soap, while the hydroxide forms water. The result is soap, glycerin and water (no alkali remains in our soaps). Quality soap-making consists in great part of choosing the right proportions of the right oils with their different fatty acids. Most commercial soap manufacturers skimp on quality because of cost and use lots of tallow from beef fat with a little bit of coconut or palm kernel oil. Dr. Bronner's unsurpassed soaps are made with certified organic olive, hemp

and palm oils instead of tallow, and contain three times more organic coconut oil than commercial soaps. Saponified coconut oil generates high-lather cleansing even in hard water because it has shorter-chain saturated fatty acids. Hemp, olive and palm oil-based soaps make a mild, smooth, creamy lather because these oils contain longer-chain unsaturated and poly-unsaturated fatty acids. Here are some Other Ways Dr. Bronner's Makes Higher-Quality Soap

- * Unlike most commercial soap-makers who distill the glycerin out of their soaps to sell separately, Dr. Bronner's retains it in their soaps for its superb moisturizing qualities.
- * They superfat their soaps with organic hemp and jojoba oils for a milder, smoother lather.
- * They use natural plant-derived vitamin E and citric acid to protect freshness.
- * They do not add any chelating agents, dyes, whiteners or synthetic fragrances.
- * They use pure and powerful high-quality certified organic essential oils.
- * Dr. Bronner's liquid soaps are 3 times more concentrated than most so-called "liquid soaps" on the market, and are only a few percent away from being a solid, which ecologically saves on packaging materials.
- * Dr. Bronner's new plastic cylinder bottles are made from 100% post-consumer recycled (PCR) plastic.
- * Dr. Bronner's soaps are a superb value, costing less than less-concentrated, inferior detergent body-wash "liquid soaps."
- * Dr. Bronner's soaps are most popular for at-home washing, but they also are the soap of choice for many campers and hikers, as they are so biodegradable and nature-friendly.

Call 717-786-7118

Mon thru Fri
9:00 AM 'til 5:00 PM
Saturday Hours are
9 - Noon

Store Hours

Veg Classes Available At HACC this Fall

Phil is teaching the following classes at the HACC Lancaster Campus this fall. To register for the classes contact HACC at 717-358-2901 or go to www.hacc.edu and click on Lancaster for more information. If you have any questions concerning the content of the class contact us at 717-786-7118.

Vegetarian Nutrition

Choosing a vegetarian diet can be healthy, as well as challenging. The challenge is making sure that the intake of food ensures the proper nutrients for a healthy diet. This course is designed to dispel the myths of the vegetarian diet by outlining the factual basis of vegetarian nutrition. The materials for this course are based on a textbook written by George Eisman and which is certified by the Association of Vegetarian Dietitians and Nutrition Educators. \$40

Location: Lancaster **Section:** 91073 R
Day(s): Thursdays **Times:** 6-9 pm **Instructor:** Phil Allamong, **Date(s):** 10/23-10/30

Vegetarian Tastes (Demo)

This class will demonstrate vegetarian cooking techniques and skills with a variety of unique ingredients and will provide recipes that the students can take home and integrate immediately into their cooking repertoire. All recipes will use all plant-based ingredients. There will be ample time for tasting and questions. \$40

Location: Lancaster **Section:** 91074 R
Day(s): Thursday **Times:** 6:30-8:30 pm **Instructor:** Phil Allamong **Date(s):** 11/6

Festive Glass Shapes



We've recently add this display which contains 24 small glass shapes that can be collected and traded or used to adorn just about any craft. Use them to make jewelry. Choose from one of eight different color organza pouches to store or give these darling unique shapes as a gift. Check them Out!

Largest Selection of Cellular Accessories Around



"Best Price, Selection & Service"

It's Your Health

Triclosan

By Larry Plesent at Vermont Soap

This month's featured chemical is TRICLOSAN, America's favorite anti-microbial chemical. I was dubious when I was told that Triclosan is Agent Orange. Turns out they are cousins. It is also a bisphenol, now in the news for causing cancer when off gassed from plastics. For more information on Triclosan try these web pages:

- <http://www.townsendletter.com/May2006/healthrisk0506.htm>
- <http://www.madsci.org/posts/archives/2000-01/948068271.Mi.r.html>
- <http://oss.mcgill.ca/everyday/triclosan.pdf> (disputes some of the claims against it)
- <http://www.skinmdnatural.com/news.php?include=1230>

The answer: Unless you do open heart surgery for a living - soap and water works just fine.

I got interested in Triclosan when a customer called and asked for me personally. He wanted to tell me that for over a year he had been severely depressed and suicidal. He was always the "happy guy" and the depression caused the breakup of his marriage and the loss of his job. He was trying to figure out if anything in his life had changed to cause his troubles. One morning he was reaching for his underarm deodorant (Old Spice High Endurance (TM)) - Triclosan is the high endurance part of the formula. His 14 year old son walked by on his way out the door to school and said; "Hey Pops, I don't know how you can use that stuff, it makes me all sad and stuff...."

It was then that he realized that a year ago he had changed from regular Old Spice deodorant to the High Endurance formula. 8 days after he stopped using it "the fog lifted" and he was his old self. After 2 weeks clean he started using it again. 6 days later his depression (with mild autistic symptoms) returned. He stopped using it, and 8 days later the fog cleared once more.

Last I heard the family was intact and back to normal. and that his old boss had hired him back. YEAH! This stuff is a nerve agent, possibly carcinogenic and possibly interacts with chlorine in the water to form chloroform.

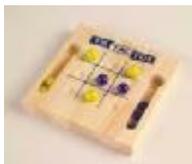
Quite a bundle for something we never needed in the first place.....

This information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented here. This information is a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.

Megafun™ Marble Games



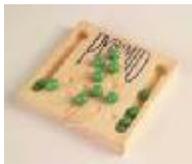
These are classic marble games that everyone can enjoy and at just \$9.99 they don't need batteries and they won't break the bank either.



Tic Tac Toe



Quick Chinese Checkers



Pyramid Solitaire



9 Men's Morris

B-12 in A Strip



We now offer Vitamin B-12 in strips. You get 30 fast dissolving 1000 mcg strips in a box for just \$14.99.

There are many people that prefer B-12 Strips over B-12 in pill form. But there are also scientific reasons you should take strips over oral tablets or pills. Whenever we take a vitamin in pill form, any B-12 present is absorbed by microscopic proteins in the stomach and intestines that bind B-12. As a result, only a very small percentage of any form of B-12 makes it into the blood stream. Fortunately, we can completely bypass intestinal absorption with our B-12 Strips, which allow the highest absorption and leave you with fresh, clean breath too! B-12 deficiency can cause fatigue, depression, poor memory, neurological symptoms, high homocystiene levels and poor circulation among other things. Get your B-12 easily with B-12 Strips from SGMC.

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New Items from Puzzled™

We have some new additions to our ever popular line of wooden puzzles which make great gifts.



Train



Pirate Ship



Elephant



Peacock



Squirrel



Statue of Liberty

Classic Marbles

In case you thought there was no place to get Classic glass marbles, there is. At just \$2.99 for a net full of colorful



balls of glass these wonderful toys are as popular as ever.

